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inside

CROSSLEY EDUCATORS LAUDED

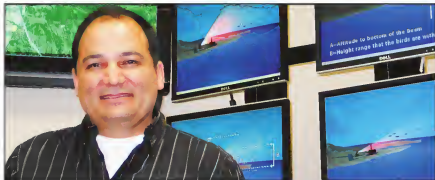
The Education Quality and Accountability Office (EQAO) honoured staff at E.L. Crossley Secondary School, Tuesday, with the Dr. Betty M. Stephenson Recognition of Achievement for their commitment to improving student learning.

See story Page 2

NIAGARA ORIGINAL AWARD

Nohara on the radar

WAYNE CAMPBELL
PelhamNEWS Staff



WAYNE CAMPBELL, Staff Photo

Dr. Tim Nohara, president and chief executive officer of Acceptor Radar Technologies Inc., stands among monitors in the company's headquarters on Regional Rd. 20. Nohara will receive the first Niagara Original Award at Niagara Entrepreneur of the Year Awards gala this month.

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For Tim Nohara, president and chief executive officer of Acceptor Radar Technologies Inc., it all started in his Fonthill basement.

Today his company, which makes small radar units and the software to monitor them, has more than 20 employees in his Regional Rd. 20 headquarters on the peak of the Fonthill Kame and in his Buffalo office.

As an entrepreneur, he wrestles with the challenges of expanding fast enough to market a proven need for small radar units to monitor birds at airports around North America as well as for police and border security operations.

He balances the pressure of finding "the fuel" or financing to finance with a caution to ensure the sustainability of the company.

His success in guiding Acceptor Radar has earned him the first Niagara Original Award. He will receive it at the Niagara

Entrepreneur of the Year Awards gala dinner on Friday, Feb. 26, at the Sheraton Fallsview Hotel and Conference Centre.

"I'm certainly honoured and surprised," said Nohara, 46.

He will accept his award as an entrepreneur award alumna. In 1998, he received the Niagara Entrepreneur of the Year Award for Technological Innovation.

"We're certainly honoured but we have lot more work to do," he said. "There is so much more risk as you move from a small startup to a growing company," he said. "We're still on our massive frenzy phase."

When he won the innovation award 12 years ago he had just moved out of his basement and had a staff of three or four.

What kept him going?

"It's the passion," he said. "The entrepreneurial spirit drives you to keep thinking and working when you stumble on opportunities."

Nohara said he is fortunate to be working in the field he was trained in — radar technology.

More often, he said, entrepreneurs have to adjust to changes in the market. They take advantage of opportunities that arise outside of their fields.

When he took his radar training in the 1980s, the Cold War was on. There was a need for radar in space and for naval use.

In the 1990s, such large radar applications faded. That's when he turned to devising smaller units to track wildlife.

Airports always had problems with birds, but conservation

efforts led to an increase in the number of birds at the same time as the economics of global travel increased air travel.

"Now we had crowded skies," said Nohara.

He left Raytheon, a developer of airport surveillance radars, in 1994 to work in his basement and slowly assemble a team of radar professionals to pioneer affordable avian radars.

Next came the terrorist attacks on New York's Twin Towers in 2001.

After that North Americans became more concerned about security, Nohara said. Surveillance of lakes, borders and other areas provided another use for the company's small radar units.

See NOHARA | Page 2

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■ NOHARA

Pelham good for home-based biz

FROM PAGE 1

"We call it situational awareness," he said about watching for pattern changes that may require checks.

"When I was going to school in the 1980s, I would never have predicted what I'm doing now," he said.

Accipiter has units at civil and military air bases across North America. Police and security forces in both Canada and the United States are using Accipiter radar units and its software. The headquarters on Regional Rd. 20 carries out monitoring of its units through Internet connections. It operates a unit that scans lakes Erie and Ontario and surrounding lands from a tower behind the building, which stand on the highest point in the Niagara Peninsula.

"We're now in the marketing stage of development," Nohara said, adding the challenge is finding financing for expansion. Banks are conservative to the point of discouraging growth, he said. Venture financing can be costly.

Entrepreneurs must always stay alert to opportunities and be flexible to change, he said pointing to problems of General Motors and Norrel. The blue chip companies got into trouble when they didn't move to new opportunities.

Nohara praised communities tolerant of home-based businesses. It gave him the break he needed to develop his business with low overhead. In turn, it has now provided Pelham with an expanding high-tech company employing.

"This area is pretty good for a home-based startup. There are not a lot of crazy bylaws that cause a lot of trouble for you."

He said his wife Janet and three children — Adeleine, Paul and Evan — kicked him out of the basement when his staff expanded and clients started turning up.

"I'm humbled when I look back. We've been blessed every step of the way. Success is very rarely ours to take the credit for. We're reliant on a lot of luck and the opportunities around us."

ucampbell@wellandtribune.ca

■ HAVING A HEART: Glynn A. Green shows compassion



WAYNE CAMPBELL
PelhamNEWS Staff

The Education Quality and Accountability Office (EQAO) honoured staff at E.L. Crossley Secondary School, Tuesday, with the Dr. Bette M. Stephenson Recognition of Achievement for their commitment to improving student learning.

"It's very exciting," said Crossley principal Ann Harrison. "It's really nice we're receiving a pat of the back."

Crossley was recently profiled in EQAO's provincial report for using assessment results as an aspect of the school's improvement planning process. EQAO measures student achievement in reading, writing and mathematics against a common curriculum benchmark.

"EQAO said in a release it is 'pleased to acknowledge the school's leadership, positive attitude and sincere effort to help every student succeed.'"

Harrison said provincial assessments such as the EQAO and Ontario Secondary School Literacy Test help provide educators with valuable information

surrounding student achievement.

"By analyzing the information along with teacher feedback and other important school data, we were able to identify areas of strength and improvement in our programming."

Compared to test numbers across the province, Harrison said Crossley finds it has problem areas similar to those in other parts of the province. For example, in math students are good on the mechanics but not so strong on problem solving.

Overall the scores tend to be good. However, she said it's not about the numbers. It comes down to each teacher looking at them and matching them with what they know about each student.

"We're always looking toward student success," she said.

In a process that stretched over years, the school started with a team to analyze problems shown in math and literacy tests, it came up with strategies for improvement. The program moved on to teachers close to the students.

"They understand what kind

WAYNE CAMPBELL Staff Photo

A Glynn A. Green dance marked the 100th day of school along with Valentine's Day. From left are princess Trinna Copfer, prince Spencer Fox, queen Sarah Christopher and king Cole Watson. Students are working hard for Haitian relief, including to hold a bake sale led by the Kids Helping Kids club. The money is expected to go to World Vision and will be doubled by the federal government. Before that the Forthill school has raised \$900 through a gum day — students paid a toonie each to chew gum — and \$400 by filling a large Coke bottle with loose change.

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■ EDUCATION: EQAO recognizes efforts at town's high school

E.L. Crossley saluted for improving the way teens learn

of students they have and what are their individual stories."

For example, using the various forms of information, staff identified mathematics as an area for improvement.

To increase the effectiveness of the school's math programs and boost student learning, staff attended workshops focusing on teaching strategies, as well as workshops to assist teachers with integrating technology into classes.

"The talents, efforts and dedication of our teachers were instrumental to this improvement process," said Harrison.

Students often have different test results each semester, so teachers make an effort to pass on information to help improve performance.

During a casual conversation in the staff room, a former teacher will share a strategy that worked with a particular stu-

dent," she said about a process has become part of the school's teaching style.

"It all comes down to the kids."

To help younger students enter high school ready to learn and achieve success, staff at E.L. Crossley devote significant time to Grade 9 transition. A team meets with every Grade 8 teacher from Crossley's feeder schools to review each student's file to ensure proper placement.

"For all our Grade 9 students we will have practice EQAO tests. They can, for example, identify literacy problems."

The teachers will then work on the weak areas with the students. As an independent provincial agency, EQAO conducts province-wide tests at key points in every student's primary, junior and secondary education and reports the results.

Tuesday's recognition dinner was held at the Sheraton Centre Hotel in Toronto. Harrison took three of the school's teachers to the awards presentation.

"The award confirms what we are doing," she said.

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■ FAMILY DAY: Pelham Public Library provides setting for Family Day activities



MARYANNE FIRTH Staff Photos

Clockwise from top left: Devin, Tina and Dana Herriot, of Welland, relax in a cozy corner at the Fonthill branch of the Pelham Public Library to do some reading together on Family Day; Sarah Jarrom holds the parachute high as daughters Tayah and Chloe and new friend Lucas Henson run underneath; Chloe Jarrom, of Welland, spent Family Day at the Fonthill branch of the Pelham Public Library participating in crafts with her mother and her sister; Decorating paper cupcakes was on the Family Day agenda for Susan Henson, son Lucas, and Tayah Jarrom who visited the Fonthill branch of the Pelham Public Library Monday to have some fun.

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perspective



Wayne Campbell
EDITOR

Limited vision of our fitness

Most Canadians cheered loudly when Alex Blidodeu won a gold medal, Jennifer Heil silver and Kristina Groves bronze early in the 2010 Vancouver Olympic games.

Only the odd fool didn't take similar pride in Canadians who finished in the top 20.

Indeed, anyone who made it to the Olympics deserves credit for immense personal achievement.

When you consider, the qualifying levels an athlete has to reach just to step up to the Olympic starting line, it's an accomplishment in itself.

Stepping onto the podium simply means you put out the best performance among the best athletes in your sport at the best time.

So, when you consider the months and years it takes in training and experience to reach the Olympics, it's downright amusing to see corporations urging you to support the athletes by buying their products days before the games began.

At best, what they are actually saying — in a fudging way — is you will be supporting Canadian performers at future world championships and Olympic Games. The companies are contributing to a fund that will help elite athletes train.

That's great. Our top athletes have been pathetically underfunded for decades while other nations pour it on for full page glory of victory.

What remains annoying is a lack of an organized approach to developing fitness for everyone on a national level.

See PERSPECTIVE | Page 6

comment

Setting the budget for the regional municipality

Regional council completes two annual budgets: the capital budget for infrastructure items such as roads, bridges, water and sewer lines, waste management facilities and large purchases including computers and vehicles; and the operating budget which affects all expenditures at Niagara Region, the Niagara Peninsula Conservation Authority, Niagara Regional Police, Niagara Regional Housing, Niagara Economic Development Corp. and the Provincial Offences Act organization.

The capital budget was finalized in December to allow early tenders so that the maximum work can be completed in 2010 and to get lower priced tenders. For example, we received a verbal report last week that indicated the O'Reilly's Bridge project would be completed in a timely fashion this year at a cost well under the estimated budget.

The operating budget requires funding from a variety of sources including grants, provincial cost-sharing, fees, tax levies and consumption rates for such things as water and sewer charges. The most visible and newsworthy operating budget factor is the annual tax rate. For the past four years, regional council has adopted an "affordability" strat-



Brian Baty
REGIONAL VIEW

egy" which has kept total operating budget impacts down. As a result, Niagara Region has led the way in controlling the tax burden compared to other regions such as Hamilton, Halton, Peel, Durham, Kitchener and Waterloo.

In 2010 the assessment growth due to new construction is estimated at 0.9%. After that new growth, the tax rate impact on current property owners is -0.08%. That is to say, the average taxpayer will see a slight decrease in regional taxes this year compared to 2009.

While that reduction is applauded, concern exists over a couple of key expenditures: Emergency Medical Services (EMS) and Ontario Works.

As you may know, Niagara Health System is implementing a hospital improvement plan (HIP). This resulted in the closure of emergency departments in Fort Colborne and Fort Erie and their transfer to urgent care centres. This impacted the EMS in that ambulance service is required to transport most citizens of

Fort Erie and Port Colborne to other hospitals in the region. In fact, regional council authorized an additional \$3.1 million expenditure in 2009 to provide this service.

We believe that these additional dollars should be funded by the province, but until the province responds positively there is a significant threat to our 2010 budget. We strongly believe that local taxpayers should not have to pick up the costs of a provincial program decision; otherwise this will be yet another example of provincial downloading.

Another concern is the impact of the economic downturn on the costs of Ontario Works. Councils in the past have wisely established a reserve account for times of economic difficulty. With the 20% increase in 2009 in the Ontario Works caseload, we have had to use some of these reserves. Past recessions indicate that there has been a three- to four-year lag in Ontario Works claims after the economic recovery. For this reason, some people are concerned that our tight 2010 budget may not be prepared for the uncertainties of the impact on the Ontario Works caseload.

See BATY | Page 5

Olympic gold

First day of the Vancouver Winter Olympics: Sports story in major Canadian newspaper: (world's best alpine skier) "Lindsey Vonn hurt: Canada's road to the top of the Winter Olympic podium may be in for a coast."

Ah, c'mon. How desperate are we? What ever happened to "I want to compete against the best."

Thank goodness we only took a couple of days for Alex Blidodeu, as everyone in our humble little country must by now know, to lift the huge pressure placed on all of our best Olympic athletes to "finally" win a gold medal on "our home soil."



Arnie Dyker
OPINION

And, in a game where the highs and lows, quite shamefully to Arnie's audience, are a matter of our press have decided to take a shockingly un-Canadian view, bragging like some drunk in a local bar to some of the best athletes in the world. "We're gonna kick your ass," and dismissing anything less than "the peak of the podium" as no more worthy of anything than the having tea with your grandma, the young man did it right.

He didn't win because of the decidedly un-Canadian policy of our Olympic organizers to do the gold medal best to deprive everybody else of equal access to practice on as many facilities as possible. "Home ice advantage. Everybody else does it!" may be true, but "it's no more true to old Arnie than "Sure, I poked that other kid in the eye with a stick. That way, he couldn't see too good and it was easier for me to score. Everybody else does it."

He won because he trained like hell for years, and then put forward a steel-nerved tremendous performance under tremendous pressure.

Good on you, young man. You did it the old Canadian way — hard work, discipline, focus, then put out the absolute best you can on that day and hope it's enough.

Good on you, Jenn Heil, for finishing second by a thread the day before, using the exact same approach.

Good on all of you, third, fourth or fortieth — as long as you've done everything you could to prepare for that one big day (Gordie Howe once said, "Oh, the games are fun. The hard work is in practice") and put out everything you could to prepare for that one big day finally arrived.

Because the high stats, they don't have to sacrifice anything to holler in the bar. "We're gonna kick your ass." As far as Arnie is concerned, the athletes are the "We" and the ones doing all the bragging are the last word in that sentence.

Douglas Johnson
Farnick

See DYKER | Page 5

Benjamin Moore

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Letter to the editor

Work harder to lower taxes

We are in bad economic situation at this time yet salaries and benefits are to be increased by \$57,301 for recreational and cultural services and probably for all the other municipal staff to cover inflation.

What does a family with an unemployed father or a retired couple do to adjust to the increase in property taxes? We have no hidden sources of funds and each cut of the knife bleeds us a little more.

A 3.2% tax increase is a disgrace at this time of hardship with over 10% unemployment in this region. Not one of the municipalities should be raising taxes. You may have a problem with a tax collection income base, but we have an individual problem that is more important than the municipality. The people come first and if they don't, look out. Work harder that's what you are paid to do.

■ DYKER

Arn appreciates the Old Canadian Way of winning at the Games

FROM PAGE 4

As we all should be aware, most of the Olympic athletes are making enormous sacrifices in their personal lives just to be there, let alone be pronounced the sole winner at the end.

To tell someone like that: "Pretty good, but not good enough for me" as

you sit on the edge of your bar stool, quaffing the last of your 14 beers while discussing the merits of winning and being the loser in second place, that's just not the Canadian way.

Not the Canadian way that Arnie knows, anyway.

The Old Canadian Way Arn knows values the hard work and the discipline, integrity, team play, intelligence, personal sacrifice and respect for others.

The New Canadian Way apparently values bragging and cheating. Arnie likes the old way better.

■ BATY

Province to assume Works costs

FROM PAGE 4

Over time the provincial government will assume the full cost of Ontario Works so that local taxpayers are not burdened during times of economic downturn.

E-mail brian.baty@niagara-rain.org.ca



pelhamnews@wellandtribune.ca

Conservative government investing in students' summer jobs



Dean Allison
MPS'VIEW

Our government is providing funding to not-for-profit, public-sector and small private-sector employers to create high-quality summer job opportunities for young people 15 to 30 years old who are full-time students and intend to return to school in the next school year.

Just as I do during the regular school year, I will also be employing several university students on both a full-time and part-time basis over the summer to provide valuable experience to those interested in the political field.

The Canada Summer Jobs program plays a key role in meeting the needs of students, while supporting organizations that provide important services to our communities.

That is why, through our government's economic action plan, we have

increased funding by \$10 million in 2009 and are again providing an additional \$10 million in 2010 for Canada Summer Jobs to help create the best educated, most skilled and most flexible workforce in the world.

The budget for Canada Summer Jobs in 2010 is \$97.5 million plus an additional \$10 million from Canada's economic action plan.

These funds will be allocated across the 308 federal constituencies.

Members of Parliament from across the country are invited to provide input into determining specific priorities for their communities as well as validating the list of projects recommended for funding.

Applications to participate in this program became available Feb. 1 and must be submitted by Feb. 26.

Interested employers can apply online at www.servicecanada.gc.ca/csj2010, or at their local Service Canada Centre.

Dean Allison is the Conservative member of Parliament for Niagara West-Glanbrook riding, which includes Pelham.

Ask the HEALTH EXPERT

TANYA BIRRELL Digestive Care Consultant

Can you please explain the origin of the Strauss Herb Company and their world famous Strauss Heartdrops?

Strauss Herb Company's and its traditional products are the result of eight generations of practice in development, production and application of herbal remedies. Most products have been in use for centuries, having been passed down through generations of the Strauss family.

The story was almost broken when Jim Strauss took a career in heavy industry instead of applying the herbal training he received from his grandmother. However, fate intervened and at age 57 and he had a serious heart attack. He couldn't walk, or sleep bring down and was told he would die without surgery and drugs. Thankfully, he remembered an alternative. His Son Peter was 15 at the time and his Dad had him obtain and process a collection of herbs until he was satisfied with the taste. This formulation diminished Jim's chest pain in 2 weeks. Now he could sleep lying down. A week later he was taking short walks, and in less than 2 months Jim returned to work at SHC. This experience and his recovery convinced the Strauss family they had to return to their family traditions.

What do people who take the Strauss Heartdrops report? "My name is [K.G.] I am 76 years old. I am a diabetic and take insulin twice a day. My right leg is amputated below the knee. My left leg was numb below the knee, but after taking the Heartdrops for 2 months, I am getting feeling and circulation. I use to be constipated but am now regular. I also used to sleep 10-12 hours and wake up still tired, now I wake up before the

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■ PERSPECTIVE

Question the government's funding of athletics

FROM PAGE 4

You can't create 33 million elite athletes, but you could infuse a culture of fitness, if you had the political will to do it.

In Pelham and Niagara region we see a push on for walkable communities and the building of cycling trails.

That's the right idea.

Our provincial school systems only recently brought exercise — 20 minutes a day — back into the classrooms.

We applaud that.

But until the federal government sees the healthy body as the way to a healthy nation rather than to just national glory, we should question their approach to funding athletics.

■ localbrief

CONCERT BENEFITS HAITI

Niagara rocked for the Red Cross Haitian Earthquake Relief Fund.

The Niagara Helps Haiti concert and silent auction was being presented by 91.7 Giant FM at Brock University's Sean O'Sullivan Theatre on Wednesday.

Niagara retailers and musicians donated their time including: Serena Pryme and the Mandevilles, The Gun'nor Generals, The Rick Rose Band, Powerhouse, The Mad Hatters and Dave Rave.

Brock has donated use of its venue for the concert.

— PelhamNEWS Staff

■ OLYMPIC SPIRIT

Supplied photo

As a few athletes display Alex Nori's Torch to Kick off the Olympics, Crossley will be in full force with Olympic Trivia each morning for all students to compete against. Gold medal treats will be for the winners of all Olympic activities that take place at E.L. Crossley. Students will have Olympic activities at lunch time. Monday was Will Olympic Sports, Tuesday Hockey with a tennis ball, Thursday bobsled with a scooter and today is Olympian Spirit Day with face painting. The Olympic Canadian hockey teams games will be displayed at lunch. Crossley believes!



■ RED HATS: Contributing to the Canadian Cancer Society



WAYNE CAMPBELL: Staff Photo
Angela Daley of the Canadian Cancer Society Niagara office, left, clicks tea cups with Rena Gruhl, queen of the Cardinal Chapter of the Red Hats Sisterhood, while other Red Hat members look on. The club, which meets for lunches and lighthearted entertainment wearing their traditional red hats, donated \$200 raised through a project organized by Susie Albano.

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■ **CARING:** Niagara Peninsula Children's Centre getting another boost

Kids Helping Kids at Catholic schools

WAYNE CAMPBELL
PelhamNEWS Staff

Students of St. Alexander Catholic School in Fonthill made a week of Kids Helping Kids.

It's a board-wide campaign of Niagara Catholic District School Board to raise money for Niagara Peninsula Children's Centre.

St. Alexander started it with a video produced by four senior students who went to the centre.

They showed St. Alexander how the centre delivers therapy services to more than 3,000 children with physical or communicative disabilities.

"They're doing so much good," said student Michael Ross, who worked on the 10-minute video.

Teacher Ann-Marie Criddle, who co-ordinated the week of special days, said St. Alexander students are among those served by the centre and some of the centre's staff have students at St. Alexander.

Students rallied up a tonnie a day — for a sports day last Monday when they wore their team jerseys, a spirit day on Tuesday when they wore the school's blue-and-gold colours and a pjama day on Wednesday.

On Thursday, they had a crazy hat day while Friday was Canadian red-and-white day for the opening of the Vancouver Winter Olympics.

Lately, the grades 7 and 8 students held a dance.

At St. Ann Catholic School in Fenwick the 12th annual Kids Helping Kids campaign took a lower profile. The school recently finished a hair-dyeing campaign that raised almost \$1,800 for Haiti relief.

St. Ann held a tonnie cupcake day, a dance for intermediate students and is invited students to send Valentine-grams to other students.

Elementary and secondary schools from across Niagara organized various fundraising projects. They usually include read-a-thons, pajama days, out-of-uniform days, fashion shows, cap days, Valentine hearts, hugs-a-teddy-bear days and bake sales.

In preparing for the fundraising events, and to see how proceeds are used, students from several schools toured the children's centre including the St. Alexander video producers.

Centre staff and volunteers also visited the schools with video presentations.

The program is planned around Valentine's day, with a theme of giving from the



WAYNE CAMPBELL Staff Photo

A pjama day last Wednesday was part of a weeklong Kids Helping Kids campaign at St. Alexander Catholic School in Fonthill. Students and staff dressed comfy for the day to raise money for the Niagara Peninsula Children's Centre.

heart out of love, said the board in a news release.

Last year Catholic students and staff raised \$46,500. More than \$454,000 has

been raised since the Kids Helping Kids campaign started 12 years ago.

wcampbell@wellandtribune.ca

■ **SPIRITED MESSAGE:** Alan Frew co-writer of Olympic theme song

Glass Tiger singer to address St. Alex students

LEIGHA COMER
For PelhamNEWS

Former Glass Tiger lead singer Alan Frew will be bringing rock 'n' roll, an inspiring message and the Olympic spirit to the students of St. Alexander Catholic Elementary School.

Known for several 1980s hits such as *Don't Forget Me (When I'm Gone)*, *Someday and The Thin Red Line*, Frew is also the author of *The Action Sandwich: A six-step recipe for success by doing what you're already doing*.



Alan Frew

2010 Olympics theme.

Frew will be speaking to students from 1:45 p.m. to 2:45 p.m. in the school gymnasium.

Parents of the students as well as members of the com-

munity are invited to attend.

During this speech, Frew will make reference to the message presented in *The Action Sandwich*, which is a simple but powerful one: everyone can live an abundant life by building upon the principles of receptivity, desire, belief, intention and action.

The song is co-written by Frew and Stephen Moccio and is the Vancouver 2010 Olympics theme.

Proceeds will be used to purchase jerseys for the school, in respect to the 2010 Olympics theme.

Instead of a speaking fee Frew will be selling copies of his book.

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■ **TEEN CAMPAIGN:** Drop-off bin at Sobeyes

Collecting the bare necessities

WAYNE CAMPBELL
PelhamNEWS Staff

For two years, Nicky Thomas has volunteered at St. Kevin Parish's food bank.

The Grade 12 student at Notre Dame College School noticed a continued shortage of hygiene products — tooth paste, tooth brushes, soap, deodorant, shampoo, conditioners and other personal items.

"People just aren't aware they are needed," the Pelham teen said in an interview at the school about her Bare Necessities campaign.

The campaign uses a singing bear as its mascot and for its theme song.

Last year, Thomas helped another student in a one-week campaign to draw donations. It had limited success.

This year she is trying a month-long drive through February. She has placed donation bins featuring the bear at the high school and around her hometown.

They're at Pelham Public Library, at the Giant Tiger in the Fonthill Shopping Centre and at Fonthill Pharmasave



WAYNE CAMPBELL Staff Photo

Nicky Thomas, a Pelham student at Notre Dame College School, is collecting Bare Necessities for the St. Kevin's Parish food bank where she volunteers.

on Regional Rd. 20.

So far, the response has not been good.

"It doesn't have to be the best," she said. "You can get toothpaste for 75 or 80 cents. When you're at the dentist, ask for a second tooth brush to donate. Hotels have small containers of shampoo and conditioner."

For some people, the need for such simple products can

make a difference in comfort and well-being as well as health.

"Every little bit helps," Thomas said.

The St. Kevin's food bank gives out food the second and fourth Saturdays of the month.

It is supplied by a steady flow of food contributions by members of the Roman Catholic church on Niagara St. in Welland.

Thomas said she will continue her Bare Necessities campaign until the end of the month, regularly checking the bin to remove contributions.

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■ PUBLIC SPEAKING: Quaker Road students are smooth talkers



Top: Four students competed in the junior division of a public speaking contest at Quaker Road Public School. Winners were Mercedes Narbonne, first, and Olivia Palermo, second. They will compete in a Royal Canadian Legion public speaking contest. Cheering each other on before Thursday's contest are: Oliva Palermo, Stiane McDowell, Cassie Anger and Mercedes Narbonne.



Bottom: Nine students competed in the intermediate division of a public speaking contest at Quaker Road Public School in Welland. Sarah Read finished first and Ann Hanna second and advance to the Royal Canadian Legion contest. Jessica Wilson who finished third will substitute for the either of the other two if they can't go. Competitors from left front are: Cameron Borisenko, Peter Hanna, Ann Hanna and Natasha Nagy; in the back row are, Becky Prentice, Elijah Mendez, Charlie Davis, Sarah Read and Jessica Wilson.

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February is National

HEART Month

Alarming statistics

If January is the month for resolutions, February has been designated as Heart Month by the Canadian Heart and Stroke Foundation. It's a well-known fact that good lifestyle habits, such as a healthy diet and physical exercise, help in slowing the development of heart disease. However, looking at this problem from the point of view of statistics sometimes helps us to become more aware of the true situation.

It may seem contradictory to start with such a statistic during an awareness campaign, but cardiovascular diseases have fallen by 25% over the last ten years. But that is where the good news stops. It is estimated that one Canadian dies of heart disease every seven minutes. Worse, it is this type of disease which is the leading cause of death in Canada, even more than cancer. Collectively, they cost \$22.2 billion every year, mainly in hospitalization costs and loss of productivity.

But what exactly do we mean by cardiovascular diseases? They are illnesses which attack the circulatory system. Following is a brief description of the five most common types afflicting Canadians.

- Coronary heart disease: occurs when the heart does not receive sufficient blood following a partial or total blockage of a coronary artery. This is the most common form of heart disease.
- Cerebrovascular disease: this time it is the brain which receives an insufficient supply of blood.
- Peripheral vascular disease: primarily a result of compromised circulation to the lower extremities.
- Heart failure: occurs when the heart is unable to supply sufficient blood flow to meet the body's needs.
- Congenital heart disease: an anomaly in the structure of the heart which is present at birth.

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■ **IN THE ORCHARD:** Many Hands Project dedicated to youth centre

A Happy Place for college crew

WAYNE CAMPBELL
PelhamNEWS Staff

Each Thursday for the past few weeks students have been hanging at The Happy Place Art Studio.

They aren't the usual art students or the teens in an In the Orchard Programming for the Arts course. Their skills involve hammers, drills, saws and screwdrivers.

The second-year students in Niagara College's renovation technician program are getting first-hand experience in working on a century-old building. It's part of the college's Many Hands Project through which college programs assist non-profit organizations in a particular project.

In this case, it's renovating the studio on Pelham St. in downtown Fonthill for use by In the Orchard.

The renovation technician students are preparing the building for Many Hands Day on April 10. Volunteers will then put the finishing touches on the building.

"We will bring it up to a point where it will require a final push by students, staff and other volunteers," said Colin Robinson, the renovation technician instructor who is overseeing the work

of the students.

Robinson said work on the decades-old building is an eye-opening experience for the students. They begin to realize what you can come up against in renovation work, he said.

The building has had many uses and each in some way has altered it, he said. For example, a concrete floor was laid for a laundromat.

Methods of construction and code requirements changed over the years, he said.

The students get to see these and learn how to work with them to improve the building and bring it up to code.

Working with the renovation technician program in The Many Hands project are students in the college's special events and marketing program. They are raising money to assist the renovation project.

In The Orchard is a non-profit program developing art-related projects to assist at-risk young people.

Recently it has worked with the Salvation Army to recycle donated items destined for landfill into pieces of art work.

wucampbell@wellandtribune.ca



WAYNE CAMPBELL Staff Photo

Jordan Perry on a ladder tests a beam in The Happy Place Art Studio in Fonthill. Around him studying the beam before beginning, the next steps to reinforcing it are other second year students in Niagara College's renovation technician program. They are from left Dylan McInnis, Chad Kallmann, Dave Senneck, Brian Bizarria, Wayne Green and Robert Knox. The crew is carrying out the renovation project for In the Orchard Programming for the Arts, which uses the studio. The students are working with the college's Many Hands Project and discovering the challenges of renovating a century-old building. The project culminates on Many Hands Day April 10 when volunteers from the college and the public will put on the finishing touches.

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- ▶ Your mouth is constantly changing. Inspect your denture regularly for worn teeth and cracks.
- ▶ Be sure to visit your dentist regularly as part of your recommended check up schedule.
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■ PELHAM FIGURE SKATING CLUB: Medal efforts at Ontario competitions



WAYNE CAMPBELL Staff Photos

Above: Pelham Figure Skating Club members won medals in the Charles Dover competition in Grimsby. Winners front from left are: Maggie Royce, 3rd preliminary A ladies 12 years; Amber Snyder, 3rd pre-preliminary B ladies 11 years; Marilize Van Sittert, 3rd CanSkate 8 and over; Jordan Reeves, 1st, pre-preliminary B ladies 11 years; Kelsea Tomaino, 2nd StarSkate senior bronze. Back from left are: Paige Cincio, 1st StarSkate senior bronze; Beth Thorne, 2nd senior bronze; Karen Seliskie, 1st pre-introductory adult Interpretive; Marlie Legace Bates, 2nd StarSkate gold Interpretive; Lee-Ann Hodgson, 2nd pre-introductory adult Interpretive; Gabrielle Sotola, 2nd StarSkate junior silver and Martyna Raskob with two third-place medals in StarSkate gold and StarSkate gold Interpretive.

Top right: Pelham Figure Skating Club members took medals in the John McKay competition in Tilsonburg. From left are: Maggie Royce, 3rd in preliminary A ladies 12 years; Jordan Reeves, 2nd in three-way tie in pre-preliminary B ladies 11 years; Elaine Cook, 2nd preliminary A ladies 11-13 years; Amber Snyder, 3rd pre-preliminary A ladies 9 years; Kelsea Tomaino, 1st StarSkate senior bronze ladies.

Bottom right: Members of the Pelham Figure Skating Club won medals in the Dennis Silverthorne competition in St. Thomas. Front from left are: Jordan Reeves, 1st pre-preliminary B ladies; Maggie Royce, 2nd preliminary B ladies; and Brianna Hummell, 3rd, pre-preliminary A ladies. Back from left are: Paige Cincio, 1st, Senior Bronze ladies; Gabrielle Sotola, 3rd bronze in three-way tie, StarSkate junior silver; Marlie Legace Bates, 3rd StarSkate gold; and Kelsea Tomaino, 3rd in two-way tie for StarSkate senior bronze.



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hockeybrief

HAT TRICK FOR OWEN DOBBIE

Feb. 13 marked week 7 of the Pelham Minor Hockey 11/12 division.

The Tim Hortons' Red Dragons faced off against the Dark Blue Dolphins in what proved to be an exciting game.

Owen Dobbie scored a hat trick for

the Dolphins, one goal in each period.

Simon Killeen and Edward Litalien both scored their first goals ever in the first period for the Dragons.

Jenna Dobbie, in net, guided the Dolphins to a 7-2 victory over the Dragons. Michael Dykstra, in net for the Dragons, made some fantastic saves as he found

his groove toward the end of the game. Sydney Doussept did a great job holding the blue line for the Dragons keeping some offensive pressure on the Dolphins. All players are improving each week.

Game statistics for the Dolphins: Owen Dobbie (3 goals), Adam Repar (1

goal), Jenna Mergl (1 goal, 1 assist), Riley Bleich (1 goal, 1 assist), Anthony Battista (1 goal, 1 assist), Isabel Song (1 assist), Brendan Grenville (2 assists), Meganne Bachur (1 assist).

Game statistics for the Dragons: Simon Killeen (1 goal), Edward Litalien (1 goal, 1 assist), Joseph Kita (1 assist),

Sydney Doussept (1 assist).



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AT THE LIBRARY

BANNED BOOK CHALLENGE

Set a goal for yourself to read as many banned or challenged books as you wish from Feb. 21 to Feb. 27 (Freedom to Read Week) until June 30. Visit Pelham Public Library's Fahrenheit 451: Banned Book web log — www.pelhamlibrary.blogspot.com.

'CRIME TIME' MONTHLY AUTHOR EVENT

The Pelham Public Library in partnership with Scene of the Crime Books is pleased to present a 'Crime Time' mystery author each month. Ottawa mystery writer R.J. Harlick is an

escapee from the high-tech jungle. After working for more than 25 years in the computer industry, she decided that pursuing killers by pen would be more fun than chasing the elusive computer bug. Tuesday, Feb. 23, at 7 p.m. Books for sale and signing. Free.

SANITY SECRETS FOR STRESSED-OUT WOMEN

Motivational speaker and life coach Sue Augustine, considered one of our nation's leading female professional speakers and a bestselling author visits Wednesday, Feb. 24, 7:30 p.m. Cost \$5. Please register ahead.



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AROUND TOWN

FRIDAY, FEB. 19

PELHAM CARES ANNUAL MEETING is open to the public. It begins at 2 p.m. at Lookout Ridge Retirement Community auditorium. Refreshments served for RSVP and information call Pelham Cares at 905-892-5300

SATURDAY, FEB. 20

THE ART OF LIVING — subtle energizing breathing techniques and relaxing meditation Special breathing, yoga and meditation workshop from 10 a.m. to 11 a.m. at Pelham Public Library, 43 Pelham Town Square, Fonthill. Limited seats call early to register Soody at 416-317-7230 or by visiting the following website: Soody.Theyapan.com/artofliving.ca.

PELHAM HISTORICAL SOCIETY

Open meeting at 2:30 p.m. Kirk-on-the-Hill, Haist Street Fonthill Brian Baty will speak on Forty years of Regional Government. All Welcome

MONDAY, FEB. 22

PELHAM HORTICULTURAL SOCIETY from 7:30 p.m. to 9:30 p.m. at Pelham Public Library Fonthill. General Meeting. Think Spring as you listen to Jan Lounsbury of Vineland Nurseries present his topic: unusual deciduous shrubs.

WEDNESDAY, FEB. 24

WELLAND CAMERA CLUB presents Life on a Coral Reef by Mary Lou Frost as the highlight of the program. Results for

the Prestwich-Welland and Len Trumble Competitions will be shown as well. Starts at 7:30 p.m., Wesley United Church, 244 First Ave. N. Info-contact Larry Lanigan 905-892-4699.

FRIDAY, FEB. 26

GREEN DRINKS is a non-profit event that encourages green thinking and like-minded people to meet and exchange their thoughts and experiences. At The Wildflower.

SATURDAY, FEB. 27

FABULOUS FENWICK LIONS RIBFEST 2010 — First sitting 5 p.m. and second sitting 6:30 p.m. at Fenwick Lions Club in Centennial Park, Fenwick. Cost: \$16 for adults and children under 12 for \$10. Contact Albert Haist at 905-892-4143.

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SPECIALS in effect Fri. Feb. 19th to closing Thurs. Feb. 25th, 2010 • OPEN SAT. 8-6, SUN. 10-5, MON., TUES., WED. 9-6, THURS.-FRI. 9-9					
CUT FROM ONTARIO AA BEEF OR HIGHER NORWICH PACKERS CORN FED BEEF BONELESS NEW YORK STRIP STEAKS 1/2 PRICE 4.99 lb.		FRESH CHICKEN BREASTS HALVES, NO BACKS ATTACHED 1/2 PRICE 1.99 lb. 3 PKG. LIMIT		CUT FROM ONTARIO AA BEEF OR HIGHER NORWICH PACKERS CORN FED BEEF BONELESS SIRLOIN TIP ROASTS AGED TO PERFECTION SAVE \$2.00 lb. 3.99 lb.	
PUPO'S PORK-BEEF-VEAL GROUND COMBINATION SAVE \$1.00 lb. 1.99 lb.		DELI Specials Schwarzen's BLUE HERON Bologna 1/2 PRICE 2.99 lb. Gussing's BLACK FOREST HAM 1/2 PRICE 2.99 lb. Salsbury Bros. MOZZARELLA CHEESE 4.99 lb.		FRESH PORK BONELESS SIRLOIN PORK CHOPS SAVE \$2.00 lb. 2.99 lb.	
		FRESH ONTARIO GRAIN FED VEAL CUTLETS SAVE \$4.00 lb. 5.99 lb.			
D'ITALIANO BREAD 675g loaf 2/\$4		KELLOGG'S SPECIAL K 475 g box SAVE \$2.00 2.99		BREYERS DOUBLE CHURNED ICE CREAM 1.66-1.89 litre 1/2 PRICE 3.99	
OCEAN SPRAY CRANBERRY COCKTAIL 1.5L 3/\$10 POWERADE 710 ml bottle \$1		Everfresh ORANGE JUICE 1.75 litre 1.99		KRAFT CHEESE 500 g block 5.99	
ROMAN LASAGNA 9 oz. 1.99		NATURE VALLEY GRANOLA BARS Box of 12 2/\$4		ALCAN 25 ALUMINUM FOIL 12 inches x 25 feet 1/2 PRICE 1.29 Debonair FRUIT COCKTAIL, PEACHES, PEAR 16 oz. 1/2 PRICE 1.24	
LAY'S POTATO CHIPS 2.5/5		CHRISTIE'S THINSLATIONS 2.5/5		PRIMO SOUP 540 ml can 1/2 PRICE 1.29	
ONTARIO YUKON GOLD POTATOES 10 LB. BAG 1.99					
EXTRA FANCY ONTARIO RED DELICIOUS, HITSU or McIntosh Apples 99¢ lb.		FROM THE TROPICS GOLDEN PINEAPPLE 1.69 EA.		NO. 1 GRADE CALIFORNIA ROMAINE HEARTS SAVE 1/2 PRICE 1.99 PKG OF 3	
CALIFORNIA'S BEST SUNKIST SEEDLESS ORANGES 3.99 DOZ.		NO. 1 GRADE ARIZONA BABY GREENS SALAD MIX 2.99 SOLD IN 1 LB. BAGS		NO. 1 GRADE MEXICAN ASPARAGUS 1.99 LB.	
		NO. 1 GRADE CALIFORNIA GRAPES 1.99 PKG.		NO. 1 GRADE CALIFORNIA CELERY HEARTS 1.29 EA.	

■ VALENTINE'S DAY: Simply sweet



WAYNE CAMPBELL, Staff Photos

Bobbi Lococo of Sweet Thoughts in Ridgville prepares a chocolate pizza for a Valentine's Day order. She said the chocolate pizzas – made with peanuts, marshmallows and topped toffee crunch – have become a popular.



Blake Stingerland, 4, looks at his Valentine's treasures at Glynn A. Green public school in Fonthill.



Elijah MacDonald and Brandi Woodland exchange a Valentine's Day card. Behind them their fellow Grade 1 students in teacher Cheryl Liebau's class at E.W. Farr Memorial School in Fenwick hold their packs of Valentine cards.